

WHEELCHAIR USERS EXERCISES

ARM CIRCLES



- 1 Position your arms out to the side of your body and parallel to the floor.
 - 2 Circle one arm forward in a circular motion, start with small circles then make them bigger.
 - 3 Reverse the direction after 15 seconds.
 - 4 Repeat for both arms.
- Progress:** Aim to complete both arms at once.
- *Check your wheelchair is locked

SIDE BEND



- 1 Sit comfortably in your chair.
 - 2 Sit up straight, with your fingertips behind your ears and elbows out wide.
 - 3 As you breathe out bend to the right and hold for two seconds. Breathe in and move back to your starting position.
 - 4 Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.
 - 5 Do five bends on each side.
- Tip:** Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- Progress:** Increase the number of bends on each side, in increments of two.
- *Check your wheelchair is locked

TRICEP PRESS



- 1 Hold the arm rests of your chair beside you while in seated position.
 - 2 Straighten your arms so that you lift your body a little off the chair, then lower yourself slowly.
 - 3 Repeat 10 times.
- Progress:** Complete two rounds of this exercise.
- *Check your wheelchair is locked

THE BOXER



- 1 Sitting up in your chair. Create a fist with your hands and bring your elbows up into a boxing position.
 - 2 With your left hand punch up and above your head. Bring it back down to the boxing position.
 - 3 With your right hand punch up and above your head. Bring it back down to the boxing position.
 - 4 Repeat six on each hand.
- Progress:** Increase the repetitions in increments of two or add a light weight such as cans or water bottles in each hand.
- *Check your wheelchair is locked

OVERHEAD STRETCH



- 1 Lift both hands over your head.
 - 2 Lace your fingertips and face your palms towards the ceiling.
 - 3 Push your hands backwards, don't over push to where it is not comfortable.
 - 4 Hold for five seconds bring your hands back and repeat 10 times.
- Tip:** Do not over extend, only extend back to where you are comfortable and remember to breathe.
- *Check your wheelchair is locked

SHOULDER PULLS



- 1 Sit up straight in your chair.
 - 2 Extend your arms straight in front of you with your palms facing down and fingers curved like you're holding a bar.
 - 3 Pull your arms back, bending your elbow until they are behind your back. Squeeze your shoulder blades, hold for three seconds. Repeat 10 times.
- Progress:** Increase your repetitions to 2 times 10. For an extra challenge look at adding a resistance band to this exercise.
- *Check your wheelchair is locked